

12. Obstetric and Gynaecological conditions

- Re-evacuation
- Laparotomy
- Referral to central hospital

12.13 Contraceptives

- *Types:* combined hormonal contraceptives, progestogen only contraceptive, contraceptive devices, emergency contraceptive, barrier methods.

12.13.1 Combined hormonal contraceptive (COCs)

- Most effective preparations for general use.
- Contain an oestrogen and a progestogen.
- Choose a preparation with the lowest oestrogen and progestogen content which gives good cycle control and minimal side effects in the individual woman.

Indications

- Contraception
- Menstrual disturbances

12.13.2 Progestogen only contraceptive

- Suitable alternative when oestrogens are contraindicated
- Have a higher failure rate than COCs.
- Suitable for hypertensive women, migraine, valvular heart disease and diabetes mellitus.
- Menstrual irregularities (oligomenorrhoea, menorrhagia) are more common but tend to resolve on long term treatment.

Dose

- 1 tablet daily at same time each day starting on day 1 of the menstrual cycle

12.13.3 Parenteral progestogens

- Injectable preparations e.g. Depo-Provera®
- Implant preparations e.g. Jadelle® and Norplant®

12.13.4 Intrauterine progestogens

Indications

- Contraception

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- Menstrual disturbances

12.13.5 Non hormonal intrauterine contraceptive device

- Increased risk of PID

Indications

- Contraception after delivery, after an abortion and evacuation, at the end of menstruation and emergency contraception
- Examples: Copper T 380®

12.13.6 Emergency Contraception

- Effective if taken within 72hrs of unprotected intercourse.
- Give Lofeminol® 4tablets every 12 hours for 24 hrs.
- If vomiting occurs within 3hrs of taking hormonal tablet, give replacement dose and anti-emetics can be considered.
- Explain the following:
 - The next period may be early or late
 - A barrier method needs to be used until the next period.
 - Patient should return promptly if lower abdominal pains develop to rule out ectopic pregnancy or of any problems.
 - An intrauterine contraceptive device can be inserted up to 5 days of unprotected sexual intercourse.